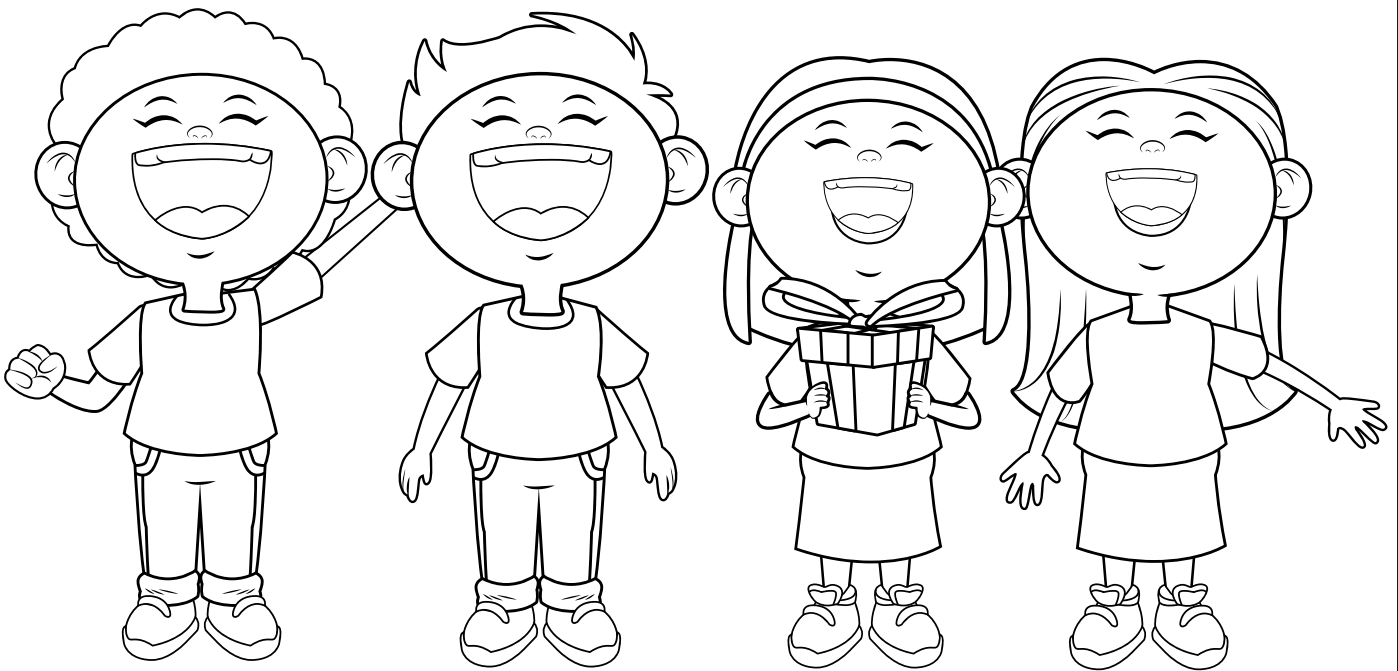


Name: _____

Class: _____

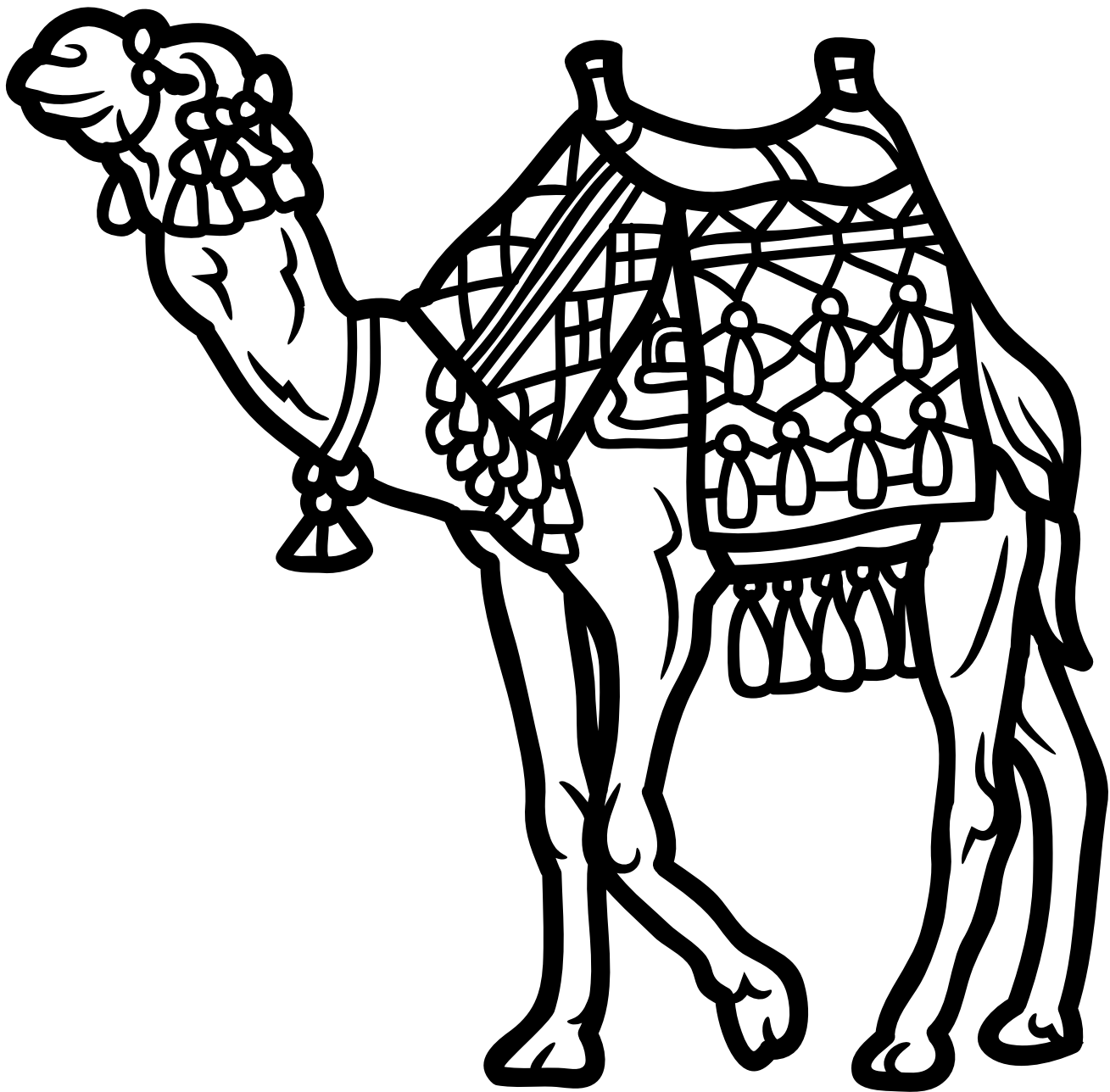


Activity Book



www.WeCreateHeart.org

Mindfulness



Mindfulness



Find two items in your environment - one from indoors and one from outdoors.
Use your five senses to explore. Please describe each item below.

Indoor item: _____

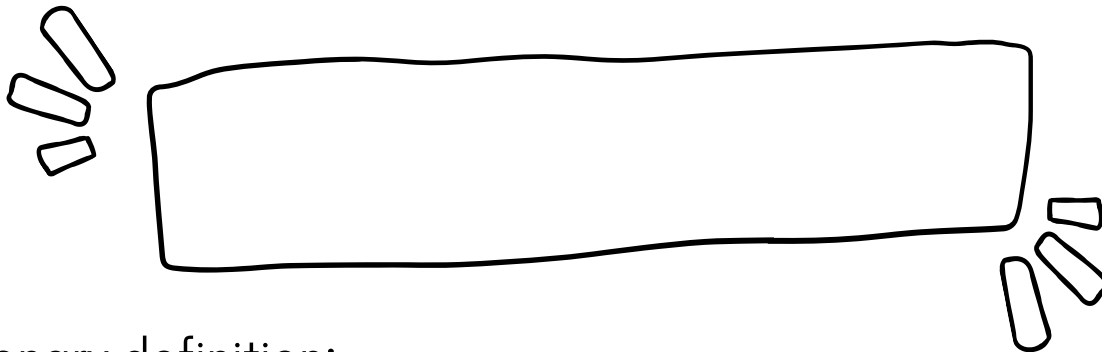
Outdoor item: _____



Literacy



Choose a word you like to say:



Dictionary definition:

Write the word within context, in a sentence:

My word is a:

Verb

Noun

Adjective

Adverb

Literacy



Brainstorm as many words as you can that include the letter C.
They must be real words!

c _

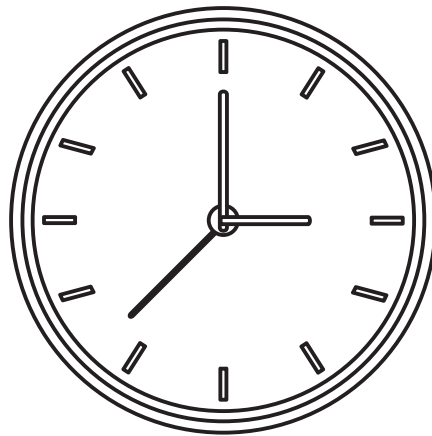
camel



_ **c**

act

Math



- 1** Write the numbers around the clock in the correct place.

- 2** What number is the hour hand on? _____

- 3** What number is the minute hand on? _____

- 4** Which two numbers is the seconds hand between? _____

- 5** What is the time? _____

- 6** What time was it two hours before the current displayed time? _____

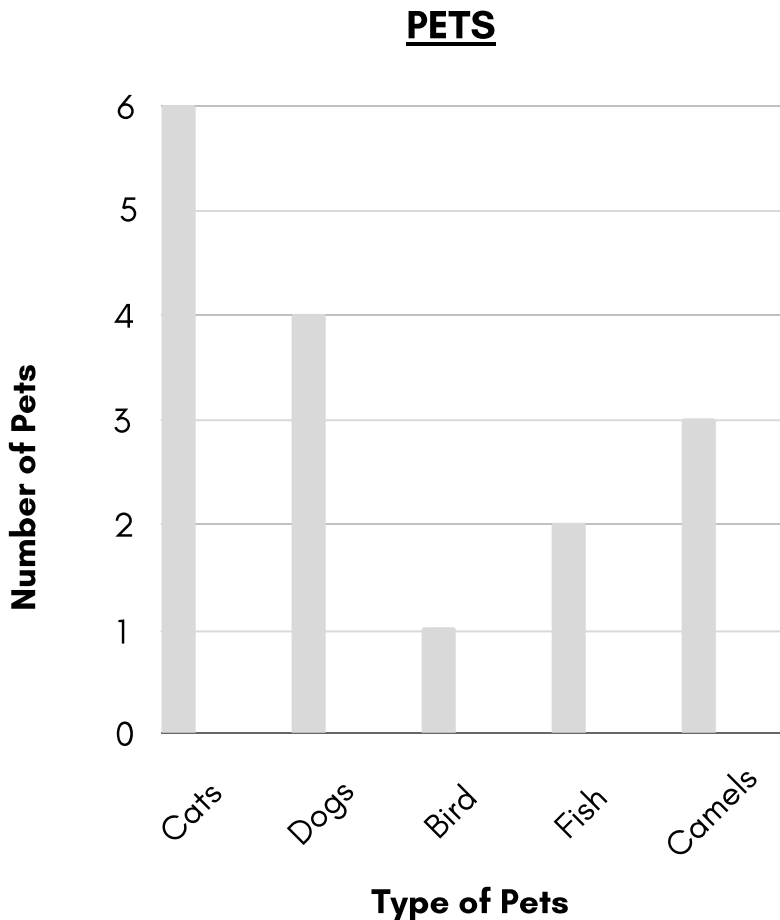
- 7** What time was it one hour after the current displayed time? _____

- 8** What time will it be two and a half hours after the current displayed time?

Math



Look at the bar graph below and answer the following questions:



- How many cats are there? _____
- How many dogs are there? _____
- How many birds are on the graph? _____
- How many fish are on the graph? _____
- How many camels are there? _____
- How many more dogs are there to fish? _____
- How many fish, dogs and camels are there? _____

Science



Living things lifecycle:

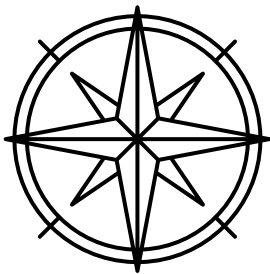
- Research the lifecycle of a camel.
- Draw and label each stage of the lifecycle.
- Use arrows to show the direction of change.

Geography



Research Australia and complete the following tasks:

- Identify and label all the states and territories
- Identify and label at least one ocean
- Draw a defining natural land feature
- On the compass below, identify and label north, south east and west



Complete the questions on the following page.

Geography & History



1 Which state or territory has the largest land size?

2 Which state or territory has the smallest land size?

3 What is Australia's most southernly state or territory?

4 What is Australia's most westerly state or territory?

5 Which states or territories are on Australia's east coast?

6 How many camels currently live in Australia?

7 Are camels native to Australia?



Health



The Human Body: Complete the following find-a-word using the underlined words below:

H	E	A	R	T	N	R	E	T	A	W
L	H	U	M	A	N	N	I	A	R	B
L	R	E	A	G	M	A	C	B	G	O
E	S	I	C	T	O	L	O	S	H	N
M	E	R	H	R	T	I	N	N	T	E
S	N	E	I	D	T	V	T	E	S	S
S	S	A	N	O	E	E	R	Y	L	E
L	E	A	E	O	R	O	O	E	L	C
L	S	O	S	L	N	T	L	O	E	E
E	O	R	G	B	A	N	S	A	B	R
C	O	U	C	S	E	U	S	S	I	T

The human body is a complex machine. It is made up of cells, organs and tissues. Around 60% of the body is water. A baby is born with 270 bones, and this decreases to 206 by adulthood. The brain is the control center and takes in information from the five senses (sight, hearing, smell, taste and touch). The heart pumps blood around the body, keeping it alive.

Personal Reflection



Describe three ways you can practice self-care:

1

2

3



In the heart below, write or draw one thing you love about yourself.

